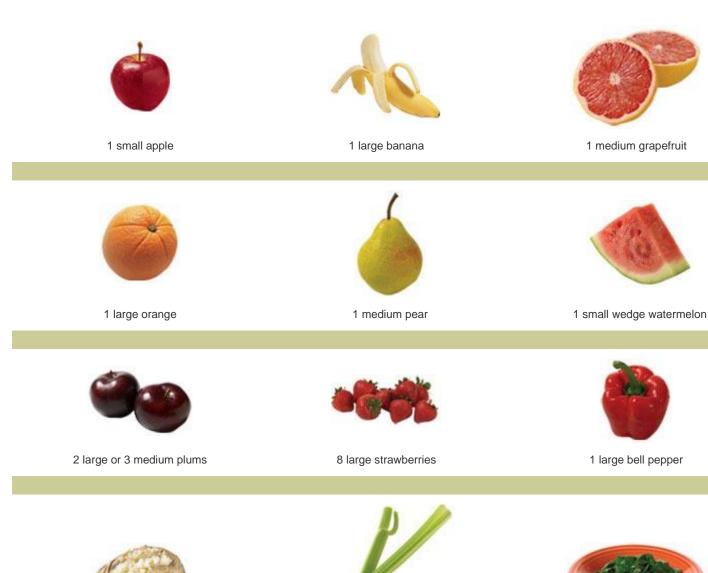
## **EXAMPLES OF 1 CUP**





1 medium potato



2 large stalks of celery



1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)



12 baby carrots (or 2 medium carrots)

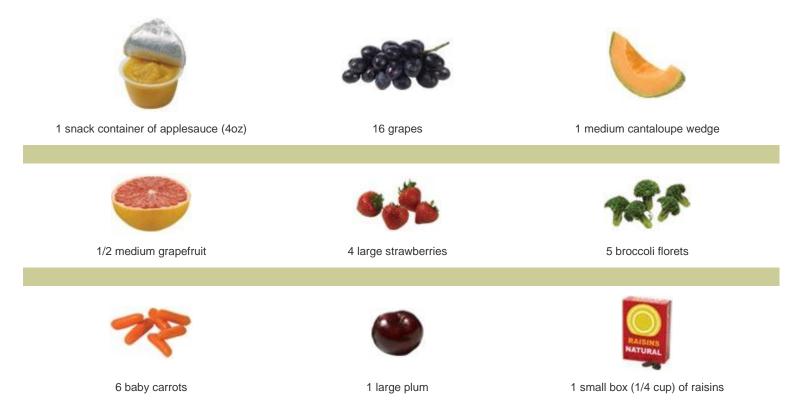


1 large sweet potato



1 large ear of corn

## **EXAMPLES OF 1/2 CUP**



http://www.fruitsandveggiesmatter.gov